

Times of Myanmar Dawnrise, Sunrise, Solar Noon, and Sunset

(1) January				
Date	Dawn	Sunrise	Noon	Sunset
	h m	h m	h m	h m
1	6 09	6 33	12 09	5 44
5	6 11	6 35	12 10	5 46
10	6 12	6 36	12 13	5 49
15	6 13	6 37	12 15	5 52
20	6 13	6 37	12 16	5 55
25	6 13	6 37	12 18	5 58
31	6 12	6 36	12 19	6 01

(5) May				
Date	Dawn	Sunrise	Noon	Sunset
	h m	h m	h m	h m
1	5 16	5 40	12 02	6 26
5	5 14	5 38	12 02	6 27
10	5 12	5 36	12 02	6 28
15	5 10	5 34	12 02	6 30
20	5 07	5 31	12 02	6 32
25	5 07	5 31	12 02	6 33
31	5 07	5 31	12 03	6 35

(9) September				
Date	Dawn	Sunrise	Noon	Sunset
	h m	h m	h m	h m
1	5 27	5 51	12 06	6 20
5	5 28	5 52	12 04	6 17
10	5 28	5 52	12 03	6 13
15	5 29	5 53	12 01	6 09
20	5 29	5 53	11 59	6 05
25	5 30	5 54	11 57	6 00
31	5 30	5 54	11 56	5 56

(2) February				
Date	Dawn	Sunrise	Noon	Sunset
	h m	h m	h m	h m
1	6 12	6 36	12 19	6 02
5	6 11	6 35	12 19	6 04
10	6 09	6 33	12 20	6 06
15	6 07	6 31	12 19	6 08
20	6 04	6 28	12 19	6 10
25	6 02	6 26	12 18	6 12
29	6 00	6 24	12 18	6 13

(6) June				
Date	Dawn	Sunrise	Noon	Sunset
	h m	h m	h m	h m
1	5 07	5 31	12 03	6 36
5	5 07	5 31	12 04	6 37
10	5 07	5 31	12 05	6 39
15	5 07	5 31	12 06	6 40
20	5 08	5 32	12 07	6 42
25	5 09	5 33	12 08	6 43
30	5 11	5 35	12 09	6 43

(10) October				
Date	Dawn	Sunrise	Noon	Sunset
	h m	h m	h m	h m
1	5 31	5 55	11 55	5 56
5	5 31	5 55	11 54	5 53
10	5 32	5 56	11 52	5 49
15	5 33	5 57	11 51	5 49
20	5 34	5 58	11 50	5 42
25	5 36	6 00	11 49	5 39
31	5 38	6 02	11 49	5 36

(3) March				
Date	Dawn	Sunrise	Noon	Sunset
	h m	h m	h m	h m
1	5 59	6 23	12 18	6 13
5	5 56	6 20	12 17	6 14
10	5 53	6 17	12 16	6 15
15	5 49	6 13	12 14	6 16
20	5 45	6 09	12 13	6 17
25	5 41	6 05	12 12	6 18
31	5 37	6 01	12 10	6 19

(7) July				
Date	Dawn	Sunrise	Noon	Sunset
	h m	h m	h m	h m
1	5 11	5 35	12 09	6 43
5	5 12	5 36	12 10	6 44
10	5 14	5 38	12 11	6 44
15	5 15	5 39	12 11	6 43
20	5 17	5 41	12 12	6 42
25	5 18	5 42	12 12	6 41
31	5 20	5 44	12 12	6 39

(11) November				
Date	Dawn	Sunrise	Noon	Sunset
	h m	h m	h m	h m
1	5 38	6 02	11 49	5 36
5	5 40	6 04	11 49	5 34
10	5 42	6 06	11 49	5 32
15	5 44	6 08	11 50	5 31
20	5 47	6 11	11 51	5 31
25	5 50	6 14	11 52	5 31
30	5 53	6 17	11 54	5 31

(4) April				
Date	Dawn	Sunrise	Noon	Sunset
	h m	h m	h m	h m
1	5 36	6 00	12 09	6 19
5	5 33	5 57	12 08	6 20
10	5 29	5 53	12 07	6 21
15	5 26	5 50	12 06	6 22
20	5 22	5 46	12 04	6 23
25	5 19	5 43	12 03	6 24
30	5 16	5 40	12 03	6 25

(8) August				
Date	Dawn	Sunrise	Noon	Sunset
	h m	h m	h m	h m
1	5 21	5 45	12 12	6 39
5	5 22	5 46	12 11	6 37
10	5 23	5 47	12 11	6 34
15	5 24	5 48	12 10	6 32
20	5 25	5 49	12 09	6 29
25	5 26	5 50	12 08	6 25
31	5 27	5 51	12 06	6 21

(12) December				
Date	Dawn	Sunrise	Noon	Sunset
	h m	h m	h m	h m
1	5 53	6 17	11 54	5 31
5	5 55	6 19	11 56	5 32
10	5 58	6 22	11 58	5 33
15	6 01	6 25	12 00	5 35
20	6 04	6 28	12 03	5 37
25	6 06	6 30	12 05	5 40
31	6 09	6 33	12 08	5 43

(1) The times of sunrise, sunset, and solar noon are counted based on the west longitude 96° 10' and the north latitude as 19° 45'. Therefore, they may be used for these towns: Kathar (ကသာ), Kyidaung-Gan (ကြည့်တောင်ကန်), Kyaukse (ကျောက်ဆည်), Hswar (ဆွဲ), Naypyidaw (နေပြည်တော်), Tat-Kone (တတ်ကုန်း), Hti-Chaing (ထီးချိုင်း), Htaung-Kyant (ထွေကုန်း), Nabhar (နဘား), Naypyidaw Pyinmanar (နေပြည်တော်ပျိုးမနား), Mandalay (မဏ္ဍာလေး), Mattarar (မတ္တရာ), Hmawbi (ဟျားဘိုး), Yameethin (ရမောင်းသင်း), Yetar-Shay (ရောဘရှည်), Yangon (ရန်ကုန်း), Naypyidaw Layway (နေပြည်တော်လော်ဒေး), Hlegu / Hlay Gu (လှို့ဂူးတွေး), Savatthi (သာဝါဌ္ဇာ), Thar-Gara (သာဝါရ), Thanlyin (သံလျှင်), Amarapura (အမရပူရ), and Ayelar (အော်လျှော်).

(2) When observing the sunrise and sunset by own eyes, a) one's clock should be adjusted to the Myanmar Standard Time (MST) exactly to second, b) the Sea Level where one is standing should be checked (to be in accordance with) the west longitude and north latitude, c) the hills and forests which obscure the sun's orb should be taken into account.

(3) It is possible to make use of the times (in the tables above) for (other) regions as well by adding or subtracting a number of minutes: Kot-Thaung (ကျော်စောင်း) [-10], Sagaing (စာင်းကိုင်း) [+1], Sitwe (စစ်ဗော်) [+13], Bago (ပုဂ္ဂိုး) [-1], Phalan (ဖလေး) [+10], Pha-An (ဘားအံး) [-6], Magway (မကျော်း) [+5], Mawlamyine (မောင်လှိုင်း) [-6], Myitkyina (မိတ်ကုန်း) [-5], Taungyi (တောင်ကြီး) [-3], Htaway (ထားဝယ်) [-8], Lwainkaw (လှိုင်ကော်) [-4]. (For example), to know the time of sunrise in Lwainkaw on the 1st of May, it is 5 hours 40 minutes minus 4 minutes -> 5 hours 36 minutes.

(4) According to the decision (explained) in the book "Arunuggakāla Vinicchaya" ("The Resolution of the Dawnrise Time") composed by Htan-Ta-Pin Tawya (Layway Township) Sayadaw Ashin Tissara Thera, the time of dawnrise (mentioned here) is counted as one Myanmar hour, (i.e.) 24 machine minutes, before the (time of) sunrise. (*Note that according to the old time-counting system of Myanmar, there are 100 Myanmar hours in a day; one day has 1440 minutes, therefore 1 Myanmar hour should however be equal to ca. 14.5 minutes, not 24. If it is true, then all the dawnrise times in the tables above should be followed adding 9.5 minutes.) Indeed, if (the numbers) do not correspond to the reality, they may be used respectively in (one's) region after the exact time of sunrise is learned.